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B.C. athletes bring home lion's share

MEDALS Athletes from B.C. took home a third of Canada's 18 medals at the 2008 Summer Olympics.

Hazelton's Carol Huynh won Canada's first gold medal of the Games after her performance in the 48-kg women's freestyle wrestling.

Ben Rutledge, Malcolm Howard, Kyle Hamilton and Kevin Light also earned gold for the men's eight rowing crew.

The much-hyped Simon Whitfield of Victoria brought home a silver medal for the men's triathlon, as did Victoria rowing pair David Calder and Scott Frandsen.

Jonathan Beare, Mike Lewis and Daniel Liam Parsons took home a bronze in lightweight men's four rowing, and Ryan Cochrane bagged one for men's 1500-metre freestyle swimming.

JEFF GROSS/GETTY IMAGES

ANDREA WOO/ FOR METRO VANCOUVER

Carol Huynh after winning her wrestling gold.

Workology page 11

Sisters take it to dance floor

Please recycle

STU FORSTER/GETTY IMAGES

Beijing Games

Going out on top

Canadian athletes show their colours during the closing ceremony for the Beijing 2008 Olympic Games yesterday in Beijing, China. Team Canada is bringing home 18 medals from the Games. More coverage, pages 4, 9, 10.

Police arrest toddler's dad at naked ride

ANDREA WOO
for Metro Vancouver

Heads of various nudist groups are saying oversensitivity led to the arrest of a man who brought his three-year-old son along to a Naked Bike Ride over the weekend.

Greg DePaco and his son were two of about 75 nude cyclists who gathered at English Bay Saturday afternoon.

According to Const. Jana McGuinness, police received several complaints about there being a naked child in the group.

"We spoke to organizers and everyone agreed to put on their underwear and then do the ride," she said. "Just before the ride, a father undressed himself and his three-year-old boy so we arrested him under the public nudity laws."

DePaco heads Naked Iconoclasts Fighting The Yoke, which, according to its website, is a political activist organization dedicated to the cause of clothing-optional rights.

Conrad Schmidt, spokesman for Naked Bike Ride, said that he was surprised by the incident and that DePaco and his son have participated in the bike rides for years without incident.

"It doesn't make any sense, especially with a three-year old," he said. "To even think of a three-year-old sexually is really just twisted."

Paul Andreassen, president of Surrey-based Skinnydipper Services Inc., called the idea of a naked three-year-old being sexual or obscene "idiotic."

"Quite frankly, a three-year-old shouldn't have to wear anything at all on a beach, so why is it any different for a bike ride?" he said.

DePaco was released and summoned to appear in court.

When reached at home, he declined to comment.

ShareYourViews
vancouverletters@metronews.ca

Life vests tossed from flights

SAVINGS Air Canada Jazz is tossing its life vests overboard as a cost-savings move.

Jazz spokeswoman Manon Stuart said they are "redundant" because seat cushions already act as flotation devices.

"We are certainly within Transport Canada's regulations," she said.

Stuart didn't know if any other airline had dropped life vests and wouldn't say how much they expected to save in fuel usage. The vests add up to about 25 kilograms on one of their Dash-8 planes.

Transport Canada permits flotation devices like the seats instead of life vests if the planes fly within 90 kilometres of shore. The flight between Vancouver and Victoria, for example, qualifies.

JON TATTRIE/FOR METRO VANCOUVER

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Pemberton fest drums up $130,000 for charity
More than $130,000 has been raised for local charities after the inaugural Pemberton Festival. From every ticket, $3 was set aside for a charity fund, which will be distributed to organizations around the Lower Mainland. METRO VANCOUVER

Local

Dancer leaps to 2nd

A 14-year-old Surrey dancer has taken second place in a prestigious ballet contest in Toronto. Nicole Ciapponi won $6,600 at the 77th annual Genée International Ballet Competition on Saturday night. CBC NEWS ONLINE

Fight leads to stabbing in Yaletown

ANDREA WOO
for Metro Vancouver

Investigators swept a rainy Yaletown street for clues yesterday, hours after a 25-year-old man was stabbed to death during a fight.

Insp. Eric Grummisch said police responded to a call of an assault in progress at Atlantis nightclub on Richards Street just after 2 a.m.

"We had a police unit actually in the block at the time of the event," he said. "When he arrived, first aid was being rendered to the victim."

The victim died soon after, and the case is being treated as a homicide.

Grummisch said the investigation is still in its early stages and that suspect information cannot be released at this point.

He also could not say whether the victim was stabbed inside or outside the club, but did confirm that the victim was found outside.

Richards Street was cordoned off from Davie to Pacific until late afternoon as investigators towed cars and combed the area for evidence. Police will also be speaking with up to 10 witnesses.

More information will be released today.

Injuries

- No one else is believed to have been injured in the incident.

B.C. Ferries' Spirit alive again

SERVICE The Spirit of B.C. ferry was back up and running between Vancouver and Victoria yesterday afternoon, easing the commuter crunch felt over the weekend after it was taken out of service.

B.C. Ferries took the vessel out of service because one of its propellers was damaged on a log, leaving only three of the four vessels on the route between Tsawwassen and Swartz Bay.

Hundreds of passengers were stranded in lineups for as long as six hours.

Deborah Marshall, a spokesperson for B.C. Ferries, said there was an extra sailing at 11 p.m. last night to ease heavy traffic at both terminals.

METRO NEWS SERVICES

UBC **Walking along the treetops**

ANDY CLARK/REUTERS

Visitors and staff at the University of British Columbia's Botanical Garden walk along a newly opened forest canopy walkway on Friday. The 308-metre walkway, reaching heights of up to 17 metres, winds through the treetops offering a bird's eye view of a Pacific coastal rainforest.

McMynn ties knot with girlfriend who witnessed his abduction

KRISTEN THOMPSON
kristen.thompson@metronews.ca

TRIAL While the trial of the five men accused of kidnapping Graham McMynn goes into its final phase in Vancouver today, their alleged victim will be on his honeymoon.

McMynn, 25, who was the centre of a high-profile abduction in April 2006, married Jacklin Tran at his parents' upscale Southlands home on Saturday.

Two years ago she stood helplessly as kidnappers forced her then-boyfriend from his car at gunpoint and into another vehicle. Tran memorized the licence plate of the abductors' car, which led police to a rental dealership and one of the breaks they needed to narrow in on the suspects.

McMynn

McMynn spent eight days bound, blindfolded and gagged in the closet of a Surrey home before police rescued him following a massive investigation.

The Crown will make its final submissions in the case in Supreme Court today, a week after defence lawyers decided not to call any evidence.

Anh The Nguyen, Van Van Vu, Joshua Ponicappo, Jose Hernandez and Sam Taun Vu are charged with kidnapping and unlawful confinement. A verdict is expected on Oct. 17.

ShareYourViews
vancouverletters@metronews.ca

News in brief

RUN-OVER A 32-year-old woman is recovering in hospital after falling off the back of a pick-up truck and having her leg run over. Officers are searching for the vehicle.

RELIEF People forced out of their homes after a plane crashed into a Richmond high-rise last year received $7,200 in financial relief from S.U.C.C.E.S.S., a charity group. Rosario Gardens was hit by a small plane on October 2007.

FOUND A Chilliwack teenager who went missing in a Burnaby mall has been found safe, RCMP said yesterday. Coire McKay, 14, was with her grandmother when she went missing at the Zellers in Metrotown on Saturday.

METRO NEWS SERVICE

metronews.ca
What's online today.

Watch closing ceremonies flag-bearer Karen Cockburn reflect on her Olympic experience and the praise team Canada is receiving for exceeding expectations
Read about issues facing those seeking permanent resident status in Guidy Mamann's immigration column
Play online Sudoku and Word Roundup!

Lotteries

Friday, Aug. 22
Lotto Super 7 01, 18, 26, 27, 38, 41 & 42, Bonus 04
Extra 23, 49, 74, 93

Saturday, Aug. 23
Lotto 6/49 03, 07, 13, 30, 38 & 46 Bonus 24
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Abbotsford's new hospital location opens
Roughly 150 patients were transferred, as the new location of the Abbotsford Regional Hospital and Cancer Centre opened yesterday. METRO VANCOUVER

Cops nab alleged purse snatcher

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Another woman was pushed and had her purse taken on a Vancouver street, police said yesterday, one day after officers arrested a man in connection with a string of violent purse snatchings.

The latest victim, a 45-year-old woman, had just stepped off a bus at 43rd Avenue and Fraser Street on Saturday morning when she was attacked from behind.

She wasn't hurt and the suspect took off.

It was the ninth purse snatching in Vancouver since Aug. 4

On Friday, police arrested William Alexander Robert Bissonnette, 32, from Abbotsford, who was believed to be the suspect in the first eight robberies, all of which targeted middle-aged and elderly women.

Const. Jana McGuiness said Bissonnette is charged in connection with two of the robberies, both of which were violent.

She added that the investigations into the other six purse snatchings are ongoing and Bissonnette could be facing more charges.

He makes his first court appearance today.

Family, friends say goodbye to hero, drowning victim

FUNERAL Friends and family of a 17-year-old Delta boy who drowned in the Fraser River gathered to say their final goodbyes on Saturday.

Nick Olak's funeral was held at 2 p.m., followed by a candlelight vigil around 7:30 p.m. at the docks near Steveston Highway and No. 6 Road where he drowned.

Olak went missing after going swimming with a female friend in the Fraser River in the early hours of Aug. 14.

When she had trouble swimming in the current, Olak swam to her and helped her to shore, but never made it out of the water himself.

SUBMITTED PHOTO

Nick Olak

His body was found by passersby last Thursday.

METRO NEWS SERVICES

News in brief

LISTERIA A Vancouver Island man who died in hospital July 29 had the same strain of listeria that is being blamed for three deaths in Ontario and has led to a Canada-wide recall of some packaged meat products, B.C. health officials said. According to CBC News Online, the 64-year-old man from Duncan may have consumed tainted meat while in hospital, the B.C. Centre for Disease Control said.

STABBING A SkyTrain commuter is in stable condition after being stabbed several times at Surrey Central SkyTrain station on Saturday night, news1130.com reports. RCMP said there are no suspects and no motives for the attack.

METRO NEWS SERVICES

TODAY'S *debate*

We asked three Vancouverites about their thoughts on the Beijing Olympics:

ADRIEN AMADEO-VITTONE
Vancouver
Judicial assistant

JAMIE FRANK
Vancouver
Marketing

MINDI MORIN
Vancouver
Food and beverage manager

	ADRIEN AMADEO-VITTONE	JAMIE FRANK	MINDI MORIN
What did you think of Canada's performance at the Olympics?	They did OK. We need more gold medals.	I think it's fantastic we could finally out-perform Azerbaijan, a country that still has the plague.	There's always room for improvement, but we did a great job.
What was your favourite Canadian moment?	[Equestrian Eric] Lamaze [winning gold]. He's an awesome rider.	[Equestrian] Ian Millar fulfilling his wife's dying wish in his 60s.	When Lamaze won gold because of what has happened to him in previous Olympics.
What would you like to see Vancouver improve upon over Beijing?	Oh boy. Tough act to follow. Honestly, I don't think they're even going to come close.	I think Vancouver should cover up its lip-syncing events better.	We should have a vast improvement [on a plan for the homeless] and not just a quick fix.

ANDREA WOO/FOR METRO VANCOUVER

CONTACT US:
E-mail your letters to: vancouverletters@metronews.ca. Metro reserves the right to edit all letters. Please include your name and contact information.

Soldiers' bodies come home
The bodies of three soldiers who were killed in Afghanistan when a roadside bomb exploded near their armoured vehicle were flown home Saturday, CBC News Online reports. The combat engineers — Sgt. Shawn Eades, Sapper Stephan Stock and Cpl. Dustin Wasden — died last Wednesday in the deadliest attack on Canadian troops this year. METRO NEWS SERVICES

Canada

Tories sink ship funding

The federal Conservatives have quietly scuttled the navy's $2.9-billion project to replace aging supply ships, saying bids from shipbuilders were "significantly" higher than the money allocated for the program. The government has also cancelled a tender for the purchase of 12 mid-shore patrol ships for the coast guard. CBC NEWS ONLINE

Journalist knew risk, says friend

SOMALIA Amanda Lindhout, 27, the Canadian journalist kidnapped in Somalia, talked to a friend eight months ago about the possibility of being kidnapped.

Jeremy Kroeker, who crossed paths with Lindhout in a Damascus Internet cafe last January, said she knew well the dangers inherent in her job.

"I wouldn't say she was ever scared, but I wouldn't say she was fearless either," Kroeker said. "Undaunted might be the best way to put it."

Lindhout, a Calgary-based freelancer, was abducted Saturday along with Australian reporter Nigel Brennan, their Somali driver and two guards, 25 kilometres outside of Somalia's capital, Mogadishu.

NEIL MACKINNON/METRO CANADA

Ottawa **Partying with Pride**

ETIENNE RANGER/FOR METRO CANADA

Capital Pride parade participants got down and partied at the wrap of what organizers say might be the biggest Capital Pride Festival ever held in Ottawa. Previous parades in Ottawa have attracted as many as 35,000 people.

Meat recall to cost $20M

Canadians are being told to dig through their fridges and freezers for any of the 220 Maple Leaf Foods products the company has recalled after test results linked a plant in north Toronto to a nationwide listeriosis outbreak.

The recall is one of the biggest in Canadian history, federal officials said yesterday. The magnitude of the recall became more apparent yesterday as Michael McCain, president and chief executive officer of the 100-year-old company, said the recall will cost an estimated $20-million in refunds to consumers and cleaning up and disinfecting the plant.

"We had to take the most conservative approach possible," McCain said, noting the move was precautionary and there's no evidence of listeria contamination beyond the production lines originally investigated.

"We had to take the most conservative approach possible."
Michael McCain

The company, which has 23,000 employees and sales last year of $5.2 billion, produces and sells meat under a variety of names including Maple Leaf, Schneiders and Shopsy's. Products from the Toronto plant are distributed nationally.

TORSTAR NEWS SERVICE

Tropical storm hits Mexico

Tropical Storm Julio drenched Mexico's Baja California yesterday and hundreds of residents fled poor neighbourhoods that were in danger of flooding near the popular tourist resort of Los Cabos. REUTERS

World/Business

Democrats preaching unity on eve of party convention

Democrats preached party unity yesterday on the eve of a four-day convention to nominate Barack Obama for the White House, with former rival Hillary Clinton preparing to urge her disgruntled supporters to back Obama.

More than 4,000 Democratic delegates and tens of thousands of officials, activists, protesters and journalists descended on Denver for the formal crowning of Obama as the party's leader and candidate for president.

Anger flared among Clinton supporters when Obama chose Delaware Sen. Joseph Biden as his running mate Saturday — and apparently never investigated putting her on the ticket.

Obama

Obama has eased the tension, agreeing to let Clinton have her name placed in nomination and giving her a prime-time speaking slot Tuesday.

Clinton plans to speak to her delegates Wednesday morning and urge them to support Obama ahead of a roll call vote on the nomination that night, a Democratic Party source said. REUTERS

London **Notting Hill Carnival welcomes the world**

SUZANNE PLUNKETT/REUTERS

Children dance as they watch the street parade at the annual Notting Hill Carnival in central London yesterday. Organizers said 1.5 million people from around the world were expected to throng to the two-day carnival of colourful processions, thumping sounds and exotic food stalls.

Russian lawmakers to meet on Georgia

GEORGIA Russian lawmakers will meet today to discuss pleas by Georgian separatists for Moscow to recognize their independence, a move that could stoke tensions with the West over Russia's military intervention in pro-Western Georgia.

The non-binding resolutions on South Ossetia and Abkhazia could flag Russian President Dmitry Medvedev's intentions or be designed to strengthen his hand with the West as he negotiates the status of Russian forces in its former Soviet vassal.

EU president France called a Sept. 1 meeting of EU leaders to discuss the crisis and review the bloc's relations with Russia.

German Chancellor Angela Merkel said ties with Moscow could be scaled back if its troops were not fully withdrawn.

Moscow, which withdrew the bulk of its forces from Georgia Friday, says residual troops are peacekeepers needed to avert further bloodshed and protect Georgia's separatist of South Ossetia and Abkhazia. REUTERS

Kyrgyz plane crashes, kills 70

KYRGYZSTAN About 70 people died yesterday when a Kyrgyz airliner crashed outside Bishkek, the capital of Kyrgyzstan, including unidentified Canadians. According to initial reports, the plane suffered from a sudden loss of pressure and required an emergency landing. REUTERS

Business

Upcoming income trust conversions an investor risk

Two recent cases show investors to be wary as Canadian income trusts convert themselves into corporations before tax breaks expire in 2011.

That federally mandated deadline is forcing firms to choose what kind of company they will become and what sort of investor gains or losses will result.

Structure will vary depending on the organization and its management, one energy trust analyst said, noting most energy trusts will wait to switch to conserve tax pools that shield taxable income.

Two companies recently converted with different plans — and elicited different market reactions.

Bonterra Energy Trust will buy a struggling telecom company, using it to do a reverse takeover of its trust units. This will allow investors to avoid a tax hit on gains while keeping a 32 cent monthly payout.

BFI Canada Income Fund said it will become a dividend-paying corporation. BFI plans to cut back a monthly payout of 15.15 cents to a quarterly dividend of 12.5 cents.

In Toronto Friday, Bonterra units climbed 13 per cent to close at $36.50, while BFI's payout-slashing plan had a predictable result. Shares fell 14 per cent to $19.08. REUTERS

Broader finance regulation in U.S. needed: Bernanke

JACKSON HOLE U.S. Federal Reserve Chairman Ben Bernanke suggested system-wide, cross-institutional supervision would more accurately gauge the health of the U.S. financial system and identify risks and weaknesses, Friday.

One of his peers said this plan could require more staff or compromise political independence. REUTERS

Ninth U.S. bank failure confirmed

WASHINGTON Bank regulators closed Columbian Bank and Trust Company Friday, the ninth U.S. bank to fail this year.

Missouri-based Citizens Bank and Trust has agreed to assume the failed bank's insured deposits of $622 million U.S. and will reopen Columbian's nine branches today as Citizens branches. REUTERS

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In brief

WASHINGTON U.S. House Speaker Nancy Pelosi, who reversed her outright opposition to offshore drilling last month, said that while the practice won't solve rising oil prices, it could be included in an energy bill if advocates can prove it's a good alternative. REUTERS

Switch to two wheels from four
If 1 million people replaced an eight-kilometre car trip once a week by riding a bike, we could cut CO_2 emissions by about 100,000 tons per year, according to The Live Earth: Global Warming Survival Handbook by David de Rothschild. METRO NEWS SERVICES

Going Green

Recycle those papers

If the average Canadian household recycled a 90-centimetre stack of newspapers, it would save the equivalent of 14 per cent of its average household electricity bill, according to Greeniology: How To Live Well, Be Green And Make A Difference by Tanya Ha.

METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

New science looks at big picture

ScienceMatters

David Suzuki & Dr. Faisal Moola

If we want to protect an endangered animal such as the woodland caribou, we have to do more than just study the animal in isolation. We must understand how it interacts with its total environment, including its habitat and other animals, as well as humans.

We must then try to determine the best possible conditions for it to live in healthy numbers and study the threats that could undermine its persistence. It's no different with humans, except the problems we have created for ourselves — on a global scale — are even more complex.

Sometimes it seems that science is inadequate to address the myriad problems of pollution, global warming, population growth, biodiversity loss, changing ocean conditions, and so on.

Scientists don't always take a big-picture approach. Applied science, for example, is often focused on knowledge for a specific need or to solve a practical problem, such as the invention of a new technology. The science may delve into the mechanics of the technology with little regard for its social implications. Basic or "pure" science, on the other hand, is aimed at gaining an understanding of a phenomenon or process, sometimes without considering its practical application. While both areas are valuable to society, neither alone attempts to tackle that greatest of human experiments in its entirety: Our own survival!

A branch of science that has emerged over the past two decades is attempting to encompass both fundamental understanding and practical applications with a fascinating goal: To learn the degree to which humans are living in harmony with their environment and how they can continue to do so over the long term. Unlike many specialized scientific fields that might interest only a few people, this one ought to interest everyone.

Industrial society has had an enormous impact on natural ecosystems, to the point that very little of nature remains untrammelled by the human footprint. Sustainability science helps identify potential "planetary boundaries" such as the world's available "biocapacity" compared with humanity's collective "ecological footprint." In short, it helps us better understand the complex challenges we face.

This branch of science is gaining respect in academic circles worldwide, but it's such an important field that it should be part of science programs in all schools. In a world that is expected to reach a population of 10 billion, it's important for science to consider how we are to survive and live in harmony with the natural systems that we are a part of and, therefore, depend upon. It's a huge task that requires a broad vision. As more people — not just scientists — begin to understand the science and the complexity of the problems, and to design lasting solutions, we will start to see a brighter, more sustainable future.

Take David Suzuki's Nature Challenge and learn more at www.davidsuzuki.org.

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Singh claims Barclays Classic in a playoff

Vijay Singh of Fiji won the Barclays Classic yesterday on the second hole of a sudden-death playoff against Spain's Sergio Garcia and American Kevin Sutherland at Ridgewood Country Club. Canadian Mike Weir finished in a tie for seventh two shots back. REUTERS

Sports

Giants' Umenyiora out for season

New York Giants defensive end Osi Umenyiora, left, will miss the entire 2008 season after injuring his left knee in Saturday's 10-7 preseason loss to the New York Jets. Umenyiora had to be carted off the field in the second quarter of Saturday's setback, and an MRI on Sunday revealed a torn lateral meniscus. Opting against short-term rehab, New York decided to plan for the long-term and the pass-rusher will undergo surgery tomorrow. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Lack of fundamentals hurt Lions

B.C. has the roster to be better than a .500 team but players not executing in games

Eight weeks into the CFL campaign, the BC Lions have lost more games than they did all of last season despite a roster that is nearly identical to the one that posted a franchise record fourteen wins in 2007.

The personnel isn't the problem; the roster that nearly swept last year's CFL awards and accounted for one third of the league's 27 all-stars did not forget how to play football in the off-season. This team is simply not executing the simplest of football fundamentals on a consistent basis.

Previously rare occurrences like poor tackling, dropped passes, overthrown receivers, blown coverages, special teams gaffes, and half-assed blocks have become weekly features for this squad. The good news is that each of those skills is easily correctable. It's nothing more than a matter of personal pride and accountability on behalf of each player on this team.

If the Lions decide to play up to their capabilities, they will once again be a major factor in determining the best in the west come playoff time. If not, expect to see a lot of new faces at training camp in 2009.

• If Wally Buono was looking for a convenient reason to make a change at quarterback, he got one on Friday night: Jarious Jackson's dislocated finger on his throwing hand. That cleared the way for Buck Pierce to participate in his second straight game, although he wasn't able to duplicate the win he helped produce against the Eskimos.

ANDY CLARK/REUTERS

The losses keep piling up for the BC Lions. The Calgary Stampeders handed the Lions their fourth loss of the season on Friday. B.C. only lost three times in the regular season last year.

Jackson has been consistently inconsistent for B.C. in his seven starts, and Pierce represents an opportunity to spark a team that has looked listless all too often this season.

• If you see a giant monkey running around the Lower Mainland, don't call the police; the primate simply abandoned its perch atop the back of the SFU football team following a 24-10 win over crosstown rival UBC on Saturday night.

The Clan had gone 25 games — more than three complete seasons — without being on the right side of the scoreboard, so you can understand the tears that flowed from the eyes of numerous athletes at Swangard stadium after the final gun sounded. There are well-deserved congratulations for head coach Dave Johnson and his staff as well as the SFU alumni that have resurfaced after years of anonymity.

But the real credit goes to the young men that poured their blood, sweat and tears into a belief that they could turn around a program that was literally in shambles. One win is a long way from where this team eventually wants to be, but it might one day be looked upon as the modest beginning of SFU's return to respectability on the gridiron.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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Monday, Aug 25, 1 - 2 p.m. – room 724

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Tuesday, Aug 26, Noon - 1 p.m. – room 309

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Tuesday, Sept. 2, 4 - 5 p.m. - room 237

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Sports in brief

NFL Atlanta Falcons rookie quarterback Matt Ryan will be the team's starter for its opening game. According to a report on the Falcons' website, Ryan will get the nod against the Detroit Lions on Sept. 7.

Felipe Massa

NFL Washington Redskins defensive end Jason Taylor is expected to be sidelined 10-to-14 days with a sprained right knee suffered in Saturday's preseason game.

NFL The Arizona Cardinals are expected to name Kurt Warner as the team's starting quarterback, a team source said yesterday. Matt Leinart's poor performance Saturday night against the Oakland Raiders probably sealed the decision.

MOTOR SPORTS
Ferrari's Felipe Massa revived his title challenge yesterday with a convincing victory in the European Grand Prix at Formula One's newest street circuit in Valencia, Spain. England's Lewis Hamilton finished in second place and leads the overall drivers' standings.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Boston 6 Toronto 5 (11 ings)
N.Y. Yankees 8 Baltimore 7
Chicago W. Sox 6 Tampa Bay 5 (10)
Kansas City 7 Detroit 3
L.A. Angels 5 Minnesota 3
Seattle 8 Oakland 4
Cleveland 4 Texas 3

NATIONAL LEAGUE
Houston 6 N.Y. Mets 4 (10 ings)
Milwaukee 4 Pittsburgh 3 (12)
St. Louis 6 Atlanta 3
Chicago Cubs 6 Washington 1
Florida 5 Arizona 2
Colorado 4 Cincinnati 3 (12 ings)
San Francisco 7 San Diego 4
Philadelphia 5 L.A. Dodgers 3 (11)

TODAY'S GAMES

AMERICAN LEAGUE
N.Y. Yankees at Baltimore, 4:05
Boston at Toronto, 4:07
Cleveland at Texas, 5:05
Detroit at Kansas City, 5:10
Tampa Bay at Chicago White Sox, 5:11
Minnesota at L.A. Angels, 7:05
Oakland at Seattle, 7:10

NATIONAL LEAGUE
Washington at Chicago Cubs, 11:20
L.A. Dodgers at Philadelphia, 4:05
Houston at N.Y. Mets, 4:10
Pittsburgh at Milwaukee, 5:05
Atlanta at St. Louis, 5:15
Cincinnati at Colorado, 6:05
Florida at Arizona, 6:40
San Diego at San Francisco, 7:15

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	2	0	12
Edmonton	5	3	0	10
Calgary	5	3	0	10
B.C.	4	4	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
Toronto	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEEK 9

FRIDAY'S RESULT
Calgary 36 B.C. 29

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

FRIDAY'S RESULT
Portland 1 VANCOUVER 2

WEDNESDAY'S GAME
Atlanta at VANCOUVER, 7

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

YESTERDAY'S GAME
Everett at VANCOUVER (ppd)

TONIGHT'S GAME
Everett at VANCOUVER, 7:05

Boxing
Ukraine's featherweight gold medallist Vasyl Lomachenko was named the most outstanding boxer in the Olympics yesterday. REUTERS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Olympics as memorable as ABCs

YorkReport

Marty York

marty.york@metronews.ca

Other than a few odd scandals that don't even rank with the political and doping disgraces of yesteryear, the Beijing Olympics were compelling, devoid of debacles and laden with memorable developments.

A look back alphabetically:

A for Adam van Koeverden, a Canadian icon heavily favoured for gold medals in kayaking. He finished an unfathomable eighth in the 1,000-metres event, although a silver in the 500 gave him some redemption.

B for beach volleyball, women's. It's wonderful.

C for China, which distinguished itself as a first-rate host and also won 51 gold medals, 15 more than any other country.

D for Despatie, as in Alexandre, a Canadian diver who grabbed silver despite fracturing a foot and missing months of training.

E for 18, the number of medals for Canada, tying its third-best performance.

F for fiascos — two in taekwondo. Canadian medal hopeful Ivett Gondo protested her loss (unsuccessfully) because of what she considered unfair judging and Cuban Angel Matos kicked a judge in the face after he was disqualified.

G for gold medals. Canadians captured three — wrestler Carol Huynh, equestrian's Eric Lamaze and the men's eight rowing team.

H for Hickstead, the horse who carried Lamaze to gold, giving the 40-year-old Ontarian sweet redemption after a cocaine-checkered past.

I for Ian Millar, who, at 61, won his first medal by leading Canada to silver in team-jumping equestrian.

J for judges, who've outlived their usefulness in the Olympics.

K for Karen Cockburn, who garnered silver for Canada on the trampoline and carried the Canadian flag in the closing ceremonies.

L for Luan, as in Jujie, a legendary Chinese fencer who, at 50, represented Canada in her homeland.

M for money. Canadian athletes need more.

N for Nattrass, as in Susan, a legendary Canadian shooter who sadly struggled and, at 57, will retire.

O for Olympics. Are they clean again?

P for Phelps, as in Michael, the U.S. swimmer who won eight golds. These were his Games.

Q for question marks, which surround the ages of some of those cherub-faced Chinese gymnasts.

R for rowing, which Canada rules.

STU FORSTER/GETTY IMAGES

Canadian athletes had plenty of reason to celebrate at yesterday's closing ceremonies after collecting 18 total medals at the Beijing Games — eclipsing the 12 they won four years ago in Athens.

S for silver medals. Canada took nine.

T for terrible, as in the IOC's decision to dump women's softball.

U for Usain Bolt of Jamaica, history's greatest sprinter. Flashiest, too.

V for Vancouver, which will have a tough time matching Beijing's excellence in the 2010 Winter Olympics. Good luck.

W for world records — 43 in Beijing.

X for Xingfang Xie, a Chinese medallist. (Hey, it works.)

Y for Yes, I love women's beach volleyball!

Z for Zimbabwe swimmer Kirsty Coventry, winner of all four Zimbabwean medals.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Athletics
Kenya's Samuel Wanjiru, left, won the Olympic gold medal in the men's marathon yesterday at the Beijing Games in two hours, six minutes and 32 seconds. Jaouad Gharib of Morocco won the silver and Tsegay Kebede of Ethiopia the bronze. REUTERS

Beijing Games

Sports in brief

VOLLEYBALL The United States won an emotional Olympic gold medal in men's volleyball yesterday, beating top ranked Brazil 3-1. The U.S. victory capped a roller-coaster Games for the team that started in tragedy when head coach Hugh McCutcheon's father-in-law was stabbed to death and mother-in-law severely injured in an attack at a Beijing tourist site. REUTERS

Final medal count

Rank	Nation				Total
#1	U.S.	36	38	36	110
#2	China	51	21	28	100
#3	Russia	23	21	28	72
#4	Britain	19	13	15	47
#5	Australia	14	15	17	46
#6	Germany	16	10	15	41
#7	France	7	16	17	40
#8	South Korea	13	10	8	31
#9	Italy	8	10	10	28
#10	Ukraine	7	5	15	27
#11	Japan	9	6	10	25
#12	Cuba	2	11	11	24
#13	Belarus	4	5	10	19
#14	Spain	5	10	3	18
#14	Canada	3	9	6	18
#16	Netherlands	7	5	4	16
#17	Brazil	3	4	8	15
#18	Kenya	5	5	4	14
#19	Kazakhstan	2	4	7	13
#20	Jamaica	6	3	2	11

Games end with a bang

Beijing hands off torch to London in splashy sendoff

CEREMONIES The closing ceremony for China's spectacular Summer Olympic Games didn't begin until 8 p.m. local time yesterday.

But they pretty much summed up the whole experience at 6:47 p.m. when the loudspeakers at the Bird's Nest stadium blared out a certain mega-hit by Queen.

We Are The Champions, indeed.

The Chinese gave their Games a rousing send-off yesterday in Beijing with another indescribable display of pyrotechnics, pride and pomp. With a world-beating 100 medals, 51 of them gold, to their credit, you could hardly blame them.

It lacked the pageantry of the opening ceremony from 16 days prior, but that's to be expected. After all, it's London's turn for the summer festival next time around.

The mayor of London, Boris Johnson, took the Olympic flag from IOC president Jacques Rogge and waved it in the air as part of the handover for 2012.

ANDREW WONG/GETTY IMAGES

A Chinese policeman stands guard as fireworks explode over the National Stadium during yesterday's closing ceremony.

OnlineVideos metronews.ca

Trampolinist Karen Cockburn of Toronto, one of only five athletes in Canadian history to win medals in three straight games (bronze in Sydney and silver in Athens and in Beijing), proudly shouldered the Canadian flag into the Bird's Nest stadium.

"It's a great honour and I'm very proud to be able to carry the flag on behalf of the entire team Canada in the closing ceremonies," she said. "I've gone to three Olympics now and they've all been special in their own way," she said. "But I think Beijing has just done a superb job of all the little details and my entire team has enjoyed themselves here and it seems that Team Canada has had a wonderful time as well."

TORSTAR NEWS SERVICE

'Redeem Team' completes mission

BASKETBALL The highly favoured United States team won Olympic men's basketball gold by outgunning Spain 118-107 in an epic final of hard fouls and flying elbows yesterday.

James

"USA is back on top again," LeBron James said. "Respect to Spain. They were unbelievable. We had a game plan and they countered with incredible plays."

Dwyane Wade led the way with 27 points, sealing the game on another long bomb.

The Americans, relegated to bronze in Athens four years ago, have now won 13 Olympic men's basketball titles. REUTERS

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Three-quarters of female Carleton students feel safe

Almost three-quarters of female undergraduate students at Carleton University feel safe on campus, according to a university-sanctioned survey. The survey was conducted following the sexual assault of a female student on campus last September. METRO NEWS SERVICES

Workology

Leading the way

Canada is leading the way in campus connectivity, according to PC World Canada. The publication cited the University of British Columbia's $30-million wired and wireless networking environment and the University of Toronto for its wireless infrastructure. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

It takes two (sisters) to tango

RAFAEL BRUSILOW
for Metro Canada

When opening a dance studio, it pays to know how to take the right steps.

Jane Scallon, 30, and her sister Anne Stevens, 28, are the co-owners of iDance studio opening Sept. 8 in Vancouver right across from the future Olympic Village. The two sisters are putting their personal savings as well as an early inheritance from their mother on the line to open the studio that will specialize in drop-in customers who just want a chance to take a quick dance class whenever it is most convenient for them.

Scallon and Stevens have both loved dance since they were young but decided to pursue other careers once life got in the way. Stevens works in pharmaceutical sales while Scallon worked as a legal secretary, so both have some business know-how to go along with their passions for dance. Starting iDance seemed like a natural next step for them.

"Dance was always a passion for both of us so to reintroduce it into our lives seemed like a really good fit for us. It also fills a void that we felt existed in the market," Scallon said.

While a majority of dance studios charge high up-front tuition fees and most drop-in studios cater only to the most professional level of dancers, iDance hopes to turn the business model on its head and make convenient dance classes available to dancers of any skill level. The emphasis is on amateur or intermediate-level dancers who just want to have fun dancing while getting fit.

"It's low commitment — it's designed to be fun and fitness oriented and very non-intimidating. Our idea is to have it offered to adults as a fun alternative to the gym," Scallon said.

The studio will open offering a variety of contemporary styles like hip hop and jazz but the sisters hope to eventually have every dance style represented in classes as the studio grows in popularity. So far, the duo has hired eight full-time instructors to get things rolling. Customers can pay for each drop-in class separately, buy out a certain number of class entries, or pre-pay for a four-weeks at a time in advance.

"It's designed to be fun and fitness oriented and very non-intimidating."
Jane Scallon

Before committing to the studio, Scallon and Stevens did a few trial runs by renting studio space and running several drop-in classes of their own. The response was overwhelmingly positive.

Still, starting their own business has been a lot more work than either expected.

"The whole thing has been a huge learning experience. At every level it's been a new set of challenges. We've had to become very flexible and keep an open mind to all options, to look at things in the long term," Stevens said.

PHOTO SUBMITTED

Anne Stevens, left, and Jane Scallon have opened a dance studio as an alternative to the gym.

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55 per cent of U.S. college students contemplate suicide
More than half of 26,000 colllege students surveyed have had suicidal thoughts. Fifty-five per cent of undergraduate and 50 per cent of graduate students said they have suicidal thoughts, a new study from the University of Texas suggests. METRO NEWS SERVICES

One very sweaty acting role

Odd**Jobs**

The first time Andrew Tite donned a mascot costume, he climbed into the contraption of wires and fabric wearing shorts and a T-shirt. "Aren't you going to take your clothes off first?" he was asked. Tite laughed.

A few hours later, he felt like someone had poured a bottle of liquid over him, he was so sweaty.

That was May 2007, and ever since Tite strips down to his underwear before transforming into a mascot.

The 27-year-old Vancouver resident is foremost an actor. He went briefly to George Brown College in Toronto for theatre, but dropped out he was so busy doing television, film and theatre.

About a year and a half ago, while still living in Toronto, he found an ad for Acme Mascots on Craigslist. He called and soon went out for that first job, which was playing the green monster Victor, the Just for Laughs mascot, at an outdoor press conference. Tite "danced around the street and acted like an idiot" and hammed it up for the cameras beside comic Russell Peters.

Tite was not only steaming inside the Victor costume, but he could only see out of the character's mouth. Miraculously, he didn't fall over or crash into anything.

He followed the written instructions from Acme: use large, exaggerated gestures; no talking; only get changed in a room with a closed door (you don't want a child seeing you by accident); and take a break every fifteen minutes to cool off and hydrate.

Tite later started playing Airnest, a jester-like character for Air Transat. He got to hang out on the field at a Toronto Argos game last summer, but mainly spent time at the airport amusing kids while they waited in lineups, first in Toronto and then Vancouver when he moved there last winter.

He got in the habit of guzzling an energy drink before work to keep lively during late-night shifts.

"I try to think of cartoons and how they'd act," he says. "I'm really good with kids naturally, I'm a bit of a kid at heart." He'd hose his costume down with Febreeze between cleanings.

Some kids get excited when they see him and throw their arms around him. But little ones sometimes burst out crying and older boys often consider themselves too cool for such things and ignore him. Thankfully though, he's never been hit.

The **Lowdown**

Job title: Mascot performer
Salary: $17/hour
Education/training: Anyone can do it, but it helps to be an actor to really do a good job
Best Part of the Job: "The kids that love you and blow you kisses and laugh with you, they make you feel really good."
Worst Part of the Job: "The heat. It's like wearing a sauna for hours and hours."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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The Avril show goes on in Malaysia
Avril Lavigne has been given permission to perform in Malaysia on Friday after all, despite being deemed too sexy by the government there last week. NME.COM

Entertainment

Dido is back
Dido will finally release her third album, Safe Trip Home, on Nov. 4. She's also giving away single Look No Further for free at didomusic.com.
E! NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

TV stars tuning out

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

UNWATCHED: Frazier Moore is the syndicated TV columnist for the Associated Press, and he recently felt moved to wonder why so few of the actors he's interviewed over the years would admit to actually spending time with the medium that employed them. Moore admitted up front that he had no statistical basis for what he confessed is based on nothing more than a hunch.

"Let me stress the not-at-all-scientific nature of this poll," Moore wrote, in a piece published last week in the New York Times. "Among the scads of TV stars I've talked to, I never made a point of grilling them on their TV consumption. I don't recall how often it came up."

"But over time I started to realize (and marvel) that, out of everyone who did address the issue with me, fewer than a dozen of them copped to being TV fans."

"The rest: Well, they don't shun just the programs they appear in. They don't watch TV, period. Or so they claim."

Most of them, Moore recalls, made the usual excuses — too busy, no time — that we make to friends and family we don't want to spend time with.

When I tell people that I write a TV column, they either tell me that it must be nice to watch TV all day and get paid for it (I don't, and it isn't) or wonder where I get the time to watch all those shows. The short answer to the latter is that I don't; in fact, I try to watch as little TV as possible, but while I'm a long way from being the 8-year-old TV junkie whose mother thought she needed a therapist to separate him from his apparent "addiction," I still watch a fair amount of the stuff.

Moore could only name three adamant exceptions to the low-key celebrity boycott of the small screen — Office creator Ricky Gervais, Seth Green of Buffy and Robot Chicken fame, and Mad Men star Jon Hamm, who described his relationship to television in terms almost identical to my own: "I've loved television since I was old enough to reach the dial," Hamm told Moore. "Television is meaningful to me. It's frustrating and fascinating, all at the same time."

What Moore doesn't seem to remember is that his survey is focused entirely on actors, a trade whose principal skill set involves comprehensive lying, and that there's every likelihood that he has not, in most instances when he's bothered to ask, gotten a truthful answer.

Rick McGinnis writes about music, movies, books and television.

Satisfying account of guilt and love

BookPicks

Falling Under

Author: Danielle Younge-Ullman
Publisher: Plume
Pages: 356 (paperback)

Younge-Ullman's debut novel follows Mara Foster, an artist who spends her days putting paintbrush to canvas only to crank out geometric patterns best suited to Ikea kitchens. The product of a volatile marriage and forced to grow up fast, Mara barricades herself in her Toronto home, only venturing out when coaxed by her adventurous best friend. But when a chance meeting brings newfound stability to her life, Mara may have to stop hiding from what has hurt her, a realization explored in the novel's intriguing final chapters. While the story is occasionally weighed down by melodramatic plot twists, Falling Under is an otherwise satisfying account of coping with guilt and understanding love.

Ashley Petkovski/for Metro Canada

more online

- Read more book reviews at metronews.ca

weekend box office

1. **Tropic Thunder:** $16.1 million US
2. **House Bunny:** $15.1 million
3. **Death Race:** $12.3 million
4. **The Dark Knight:** $10.3 million
5. **Star Wars: The Clone Wars:** $5.7 million REUTERS

going out

8 p.m. Summer Fling's last night, spinning hip hop, Top 40 and R&B. At Citrus Club, 20299 Industrial Ave. Tix: $8. Info: 604-530-8888.

8 p.m. Industry Standard, a night of neo-soul and world funk. At Plan B Lounge and Eatery, 1144 Homer St. Info: planblounge.com.

9 p.m. Profile Mondays, playing Top 40, mash-ups and R&B. At Tonic Nightclub, 919 Granville St. Info: thetonicclub.com.

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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/25/08	251	308	3 CBC	Coronation St.	Laughs	City Chase (N)	City Chase (N)	The Border "Blowback"		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	Deal or No Deal (CC)		12 Sexiest Hollywood Jobs		X-Weighted "Michelle" (CC)		News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Degrassi	Big Bang Th	Two/Half Men	Canadian Idol Top four. (CC)		CSI: Miami (CC)		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Happy Days	Growing Pains	Jeeves and Wooster (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Prison Break "Hell or High Water; The Art of the Deal" (CC)				Risk Takers "Loggers"		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Gossip Girl (CC)		America's Toughest Jobs		Comedy Now (CC)		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	Reaper "Rebellion" (CC)		Friends (CC)	Friends (CC)	Democratic Convention		Reviews
	-	-	14 CW	'70s Show	'70s Show	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Democratic Convention		KIRO News	Entertainment	Big Bang Th	How I Met	Two/Half Men	Old Christine	News (N)
	287	379	16 NBC	Democratic Convention		Deal or No Deal (CC)		America's Toughest Jobs		Dateline NBC (CC)		News (N)
	602	568	19 W	How Clean	How Clean	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	288	380	21 ABC	Democratic Convention		High School Musical: Picture		Samantha	Samantha	Wheel-Fortune	Jeopardy!	News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	Curse of the Starving Class ★★ (1995, Drama) Kathy Bates.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Democratic Convention		Antiques Roadshow (CC)		History Detectives (CC)		Documenting the Face		Charlie Rose
	290	382	28 FOX	Two-Half Men	Two/Half Men	Prison Break "Hell or High Water; The Art of the Deal" (CC)				News (N) (CC)		Family Guy
	-	364	29 PBS	Democratic Convention		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35 TLA	Two-Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Psych "Bounty Hunters!"		Late Late Show	
news	502	390	26 NW	Royal Rivals? Charles, William		CBC News: The National (N)		CBC News: The National		Royal Rivals? Charles, William		National
	500	500	48 CNN	(3:00) Democratic National Convention (CC)				Larry King Live (N)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Minnesota Twins at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected		Sportsnet
	400	400	30 TSN	U.S. Open Tennis First Round.		SportsCentre (Live) (CC)		Poker	Motoring 2008	Golf: Golf Town Invitational		SportsCentre
	411	457	49 OLN	Departures "Cook Islands"		Pilot Guides (CC)		Don't Forget Your Passport		Word Travels	Strand-Peters	Departures
	410	403	24 SCR	WWE Monday Night Raw		(:15) Stump the Schwab		WWE Monday Night Raw (CC)				Score Update
	417	406	25 SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		101 Cars	Car Crazy	Auctions
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		2010 Report		Gol TV News		Gol TV News
family	552	543	45 YTV	The Next Star (CC)		Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach "Local Heroes"		Mystery Hnt.
	555	545	50 TEL	George	Tom & Jerry	Tom and Jerry	6teen (CC)	Total Drama	Futurama	Superman ★★★ (1978) Christopher Reeve.		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	The Bittles	Comfy Couch
cable variety	268	354	5 KNO	Leading Edge	Wild at Heart	Higher Education in BC		A Most Mysterious Murder		Perspectives (N) (CC)		Nature
	575	583	60 CMT	Home Imp.	Roseanne	Karaoke Star "Regina, SK"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed "Lloyd"
	570	580	62 MM	Much Does Wakestock (CC)		MuchVibe (CC)		Punk'd (CC)	Pimp My Ride	Pimp My Ride	Legally Blonde "You're Cut"	
	600	564	63 H&G	Location, Location, Location		Holmes on Homes (CC)		Design U	Home to Stay	Property	House	Location
	615	520	61 A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention (CC)		Intervention "Phillip" (CC)		Paranormal
	628	584	82 SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	80 TLC	Jon & Kate Plus 8 All-day trip.		Take Home Nanny (CC)		Jon & Kate Plus 8		Jon & Kate Plus 8 All-day trip.		Little People
	616	522	69 SHO	ReGenesis (CC)		Cold Squad (CC)		Trailer Park	Billable Hours	Jekyll (CC)		(:05) House
	620	523	70 BVO	(6:00) The In Crowd ★★ (CC)		Law & Order "Navy Blues"		Without a Trace "Shattered"		Entourage	Signif. Others	Signif. Others
	601	562	41 SLC	How To Make Love-Wife		End of Leash	Spoiled	Wedding SOS	Party Mamas	How To Make Love-Wife		Trading Sp
	520	505	42 DIS	Dirty Jobs		Daily Planet (CC)		Really Big Things		Dirty Jobs		MythBusters
	522	506	40 HIS	NCIS "Yankee White" (CC)		Dogfights (CC)		Boogie Nights ★★★ (1997, Drama) Mark Wahlberg, Burt Reynolds. (CC)				
	627	528	45 SPC	(6:00) Taken "John"		Stargate SG-1 "Icon"		Star Trek: Voyager "The 37's"		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Mission: Impossible 2 ★★★ (2000) (PA) Tom Cruise, Dougray Scott. (CC)				
	619	525	48 TROP	Deal or No Deal Canada		ET Canada	What	X-Weighted "Angela J."		Are You Smarter		Deal-No Deal
	603	561	52 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		Good Eats	Perfection	Nightmares
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv A "Survivor" sketch.		Laughs
	320	621	30 CEN	Stargate Atlantis (N) (CC)		Showstoppers (2008) Faune Chambers. (CC)		China's Stolen Children (CC)				Showstoppers
	581	566	101 MTV	The Hills (N)	After	MTV Live	Second Half	Super Sweet	The Hills	The Hills	After	MTV Live
	261	394	102 V	Divine Restor.	Recreat. Eden	Doc "Complicated" (CC)		McLeod's Daughters (CC)		Prime Minister	Watchtower	Paid Program
	-	-	189 MUL	The Land	Daughters	It Will Be Difficult to Love		Marimar		GMA Telesine Night		Patrol World

critics'corner

CSI: Crime Scene Investigation
There's no business like show business, especially in Vegas, and the CSIs are up to their ears in it, investigating the deaths of an ex-rocker (Danny Bonaduce) and a Cirque du Soleil dancer. Singer John Mayer also shows up, playing himself and performing in a nightclub for Nick and Catherine (George Eads, Marg Helgenberger), who soon finds her own life in danger. 6 PM on SPKE

Democratic National Convention
Time for political junkies to get high — mile high, that is. Denver is the place for Democratic delegates to make Barack Obama's nomination for the presidency official, with Obama slated to make his acceptance speech later in the week at INVESCO Field. Those who want to catch all the proceedings can check out the cable news networks; if you just want the highlights, you have your choice of broadcast outlets. 7 PM on ABC, CBS, NBC

Son for Stefani, Rossdale

Gwen Stefani and her rocker husband Gavin Rossdale welcomed their second child, a son, on Thursday in Los Angeles. Zuma Nesta Rock Rossdale weighed in at 8.5 pounds. PEOPLE.COM

Celebrity Buzz

Green, Ryder may be an item

COUPLES Winona Ryder is reportedly dating comedian Tom Green, femalefirst.co.uk reports.

The actress, who is said to have split from Rilo Kiley rocker Blake Sennett just a few weeks ago, was seen cuddling Tom in Hollywood's Crown Bar last week. Friends claim Ryder is already smitten with the Canadian funnyman after the pair hit it off.

"Winona didn't waste any time," a source said.

Green was previously married to Drew Barrymore, while Ryder has dated a string of actors, including Johnny Depp, Christian Slater, David Duchovny, and rocker Dave Grohl.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

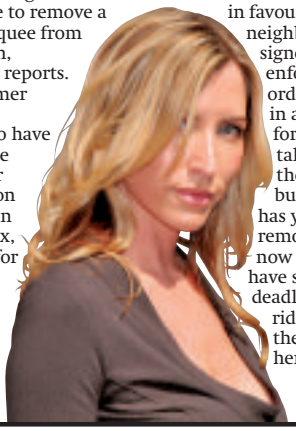
More trouble for Mills

PEOPLE Sir Paul McCartney's ex-wife Heather Mills is facing legal action from a local council in England — over her failure to remove a large marquee from her garden, imdb.com reports.

The former model is believed to have erected the tent at her $6.4 million US home in East Sussex, England, for her 40th birthday party in January.

But the structure has remained in place ever since, prompting local residents to lodge objections with government officials. The district council ruled in favour of her neighbours and signed an enforcement order in May in a bid to force Mills to take down the marquee, but the tent has yet to be removed. And now officials have set Mills a deadline to get rid of it — or they will take her to court.

METRO NEWS SERVICES



Rihanna sacks manager

PEOPLE Rihanna reportedly fired her business manager after discovering she only has $20,000 US left in her bank account, femalefirst.co.uk reports.

Patricia Williams claims she was recently "let go" after Rihanna accused her of stealing after discovering her pop fortune has all but disappeared.

Williams said: "It's not my fault that she only has $20,000 to her name. I have worked for many high-profile actors, musicians and multi-million dollar corporations.

"Why would I steal from Rihanna?

"I showed her all the paperwork and tried to explain to her the circumstances but she wouldn't listen. She called me all sorts of horrible names and stormed off."

Williams claims the 20-year-old singer's record label Def Jam and her manager Marc Jordan are to blame for her financial problems.

METRO NEWS SERVICES

Hewitt nuptials on hold

PEOPLE Jennifer Love Hewitt has reportedly delayed her wedding, femalefirst.co.uk reports. It has been claimed the actress and her fiancé Ross McCall decided to postpone the nuptials following a rocky patch caused by the amount of time they have spent apart.

"Things aren't great between them. It's hard because he's filming in New Mexico and she's in Los Angeles," a friend of Love Hewitt said.

"The relationship is strained and their wedding won't happen anytime soon." The couple got engaged in November.

Love Hewitt ruled out a summer wedding saying she didn't want to be "a sweaty bride," and revealed she was looking forward to a "small, private, romantic and wonderful" ceremony.

METRO NEWS SERVICES

celebrity brief

No nanny for McConaughey's boy

PARENTING Matthew McConaughey is reportedly refusing to hire a nanny for his newborn son Levi, imdb.com reports.

The actor, who welcomed his first child with Camila Alves last month, is said to be determined to raise his son without any outside help.

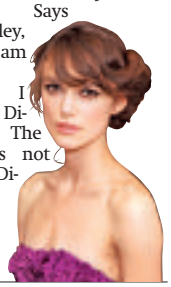
METRO NEWS SERVICES

Knightley defends Di ads

CONTROVERSY Keira Knightley has defended her new movie The Duchess after images of the late Princess Diana were included in the trailer, imdb.com reports. In the movie, Knightley plays Georgiana, Duchess of Devonshire, a distant relation of Diana. The promo for The Duchess sparked outrage by showing pictures of the late Princess and emphasizing the link between the lead character and her modern-day descendant.

Says Knightley, "I am Georgiana. I am not Diana. The film is not about Diana."

METRO NEWS SERVICES



Fitness key to joy, Smith says

PEOPLE Will Smith thinks being physically fit is the key to happiness, femalefirst.co.uk reports.

"I feel like everything in my life depends on physical conditioning. I love eating sweets and everything, but I think the quality of my parenting, the quality of my relationship with my wife — it is all based on being on great physical condition."

Meanwhile, Smith is set to star in a prequel to I Am Legend.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

So **Matthew McConaughey** says there will be no nanny for his new son Levi, and that he wants to raise his child without any outside help. This makes me seriously consider looking up the phone number for child services in Texas.

There's already been word that McConaughey took the infant to a **John Mellencamp** concert. I guess he wants Levi's first words to be something along the lines of "This blows!"

Anyway, I'm hoping McConaughey will reconsider his rejection of outside help and read the following short list fathering tips, which I've thoughtfully rendered in McConaughese:

"Dude! It's totally cool that he has no teeth for the first little while. You don't have to take him to a baby dentist.

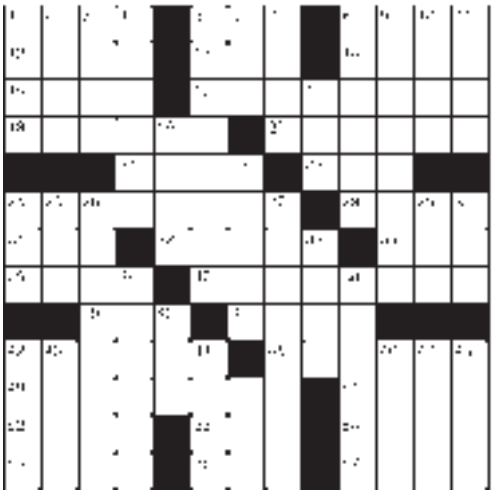
Compadre, I know how much you want to help, but please don't try to breastfeed the kid, it's just going to be frustrating for both of you.

Brother man, I know how much you want him to be just like daddy, but the decision to go shirtless in inappropriate places is a one he should make for himself when he's older, plus they make a lot of really rad shirts for little dudes to wear. And one last thing, broseph: Don't let **Owen Wilson** get confused and smoke the stuff Levi leaves in his diaper."

NEWSDESK@METRONEWS.CA

Daddy's little girl
My Name Is Earl star Jason Lee and his girlfriend, Ceren Alkac, are the parents of a girl. The baby was born Aug. 10, a rep for Lee says. No other details were announced. PEOPLE.COM

Take Five



Crossword down

1 Grand story
2 Lotion additive
3 R.I. neighbor
4 Mint often used as an herb
5 Re Plato's teacher
6 Commotion
7 Showroom sample
8 Jinx
9 Wealth
10 Poison
11 Automaker Ransom Eli —
17 Legume holder
19 Piece of work
22 Biblical king
24 Scoundrel
25 Sapporo sash
26 Messieurs' counterparts
27 String around your finger
29 Barracks bed
30 Ram's mate
33 Agile
36 Rug
38 Slot-machine fruits
40 Mai — (cocktail)
42 Con job
43 Pop flavour
44 Mediocre
46 Whodunit blueprint
47 Apiary structure
48 Daytime drama
50 Prior night

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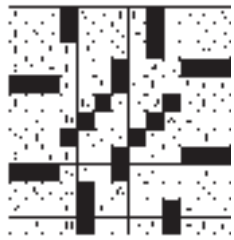
Crossword across

1 Apiece
5 Despondent
8 Vagrant
12 Sly tactic
13 Praise in verse
14 October birthstone
15 Charged particles
16 Walled-in group of buildings
18 Use a seven-second delay, e.g.
20 Scads
21 Brilliant-hued fish
23 Female deer
24 UNIVAC, for one
28 Formerly
31 Honest politician
32 Paddock papas
34 Intimidate
35 Platter
37 Entire
39 Opposite of "dis"
41 Tragic
42 Beetle talisman
45 Mythical maidens
49 Collected into a volume
51 Hodgepodge
52 Sheltered
53 "Hail, Caesar!"
54 PBS science show
55 Sail support
56 That woman
57 Dance lesson

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
An ally seems to have evil intentions. Treatment for a painful injury will delay plans. A peculiar object is a conversation piece.

TAURUS ♉
APRIL 21-MAY 21
A tempest will dissolve with minor damage. A problem with power will be repaired. Be discrete when making arrangements.

GEMINI ♊
MAY 22-JUNE 21
Try to stay out of difficult situations. Insincerity reveals a hidden agenda. Someone will be in trouble for a loss of creativity.

CANCER ♋
JUNE 22-JULY 22
Big money can be made at an unexpected event. An attractive person will be helpful. An agreement is reached at the end of the day.

LEO ♌
JULY 23-AUG 23
Be prepared to stand your ground. A friend's affectionate remark will give you joy. Concealing a discovery will guide you to freedom.

VIRGO ♍
AUG 24-SEPT 22
A man is becoming uncomfortably demanding. Your kindness will benefit a humble person. A marital conflict will affect your goals.

LIBRA ♎
SEPT 23-OCT 23
A clever man will apologize. You should make a correction to your course. Don't take advantage of a coward.

SCORPIO ♏
OCT 24- NOV 22
Anticipate an unpredictable event involving a leader. The wrong person offers a strange opportunity. Relax tonight to avoid illness.

SAGITTARIUS ♐
NOV 23- DEC 21
Think hard before putting stock in a visionary. A trickster will make a scary remark. Don't complain if you're dissatisfied.

CAPRICORN ♑
DEC 22-JAN 20
Do not let dreadful things get the better of you. A man will be more helpful. An arrival will create an angry debate.

AQUARIUS ♒
JAN 21-FEB 18
Don't try to do too much at once. Somebody's hypocrisy during a crisis is shocking. A conflict between lovers will end well.

PISCES ♓
FEB 19-MAR 20
Don't try to force a compromise about co-operation. Enthusiastic actions will backfire. It's time to cast off your anxiety.

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Sudoku

	7		1	5	9		4	
4								1
		6				9		
8	2		4		3		6	7
				8				
7	9		6		1		8	4
		8				3		
2								9
	5		2	3	8		7	

metro is available at your neighbourhood Blenz.
Read, relax and enjoy!
BLENZ COFFEE

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

2	7	6	8	9	3	1	4	5
3	5	8	4	1	2	7	9	6
9	4	1	5	7	6	8	2	3
6	9	4	1	2	5	3	8	7
5	8	2	3	4	7	6	1	9
1	3	7	9	6	8	2	5	4
4	6	5	2	3	1	9	7	8
8	2	3	7	5	9	4	6	1
7	1	9	6	8	4	5	3	2

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
Partly cloudy. 18°	Clear. Low 11°	40% Variable. 17° / 12°	90% Showers. 18° / 12°	Variable. 19° / 12°

Temperature Normals
High: 20.7°
Low: 12.5°

Records
High: 27.5°/1987
Low: 7.8°/1951

Sunrise: 6:19 a.m.
Sunset: 8:08 p.m.
Moon does not rise
Moonset: 5:20 p.m.

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How you can turn an uncertain stock market into pure profits

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George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, money manager, and options trading expert.

You see the market reports every day. One day the market is up 100, 200 points. The next day, the market's down 100, 200 points. Most investors think you can't make money in markets like this. But I do it every day, and I can show you how.

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Let's face it. For most people, buying a stock is a one-way street. They buy and hold the stock, hoping it will go up. But the smart investors know there's a much better way to profit in the market. In fact, they love the volatility of today's market because that's where the big profits are. Why? Because they exploit the power of options.

ELECTION YEAR VOLATILITY WORKS IN YOUR FAVOR

Election year volatility can create opportunities for big profits. So can the housing and fuel price meltdowns, if you know where to look and how to invest. That's what my time-tested, award-winning training program does. It teaches you how to profit in today's market.

IT'S ALL ABOUT LEVERAGE

Wealthy investors have always known how to multiply their returns and minimize their risk. You see, for every $1,000 you put in stocks, they only put in $150 – $200 to achieve the same investment muscle. How? Because they use options to leverage or control a stock rather than buy it, extending the power of their investment dollar. That's how the wealthy play the stock market, without the risk of actually buying the stock.

DISCOVER THE POWER OF OPTIONETICS,® FREE

For a limited time, you're invited to attend the award-winning FREE Optionetics workshop. It will change the way you look at the stock market forever and show you the tools you need to protect your investment the same way the wealthy do.

- See how to make money in a volatile market.
- Discover investment strategies once reserved for the wealthy and the industry elite.
- Understand the market's hidden factors better than many current options traders.
- Learn to control stocks without the expense or risk of buying them.
- Discover practical techniques for making more money in every type of market.
- Learn how you can use time-tested formulas to make big profits IMMEDIATELY.

Attend my FREE workshop, and start controlling your financial future NOW with proven moneymaking techniques.

Who Should Attend

- Investors looking to minimize risk and protect profits
- Investors looking to diversify
- Retirees in need of extra income
- Parents wanting to cover education costs
- Investors looking to leverage their money for potentially huge gains

Investors Can't Stop Talking About Their Optionetics Experience!

"I find trading options very exciting. In just 13 days I made a 130 percent return. No boss, no employees and I am not limited on where to live. This system gives me the freedom I've been seeking."

— Miroslav Kavicky
Peachland, British Columbia

"The seminar was very important, worth the money, and very necessary. I made $10,000 in profits in less than two weeks!"

— John Pardo,
Victoria, British Columbia

"One of the things I love about Optionetics seminars is that I learn something new at every one. Best Trade Ever was a call on Amgen for a 250% return."

— Allreza Givehchian,
Calgary, AB, Canada

BONUS

This one secret could change your financial future!

Learn how it's possible to make "nondirectional" trades that position you to make money no matter which way the stock moves. Stock goes up… you make money. Stock goes down… you still make money.

Plus discover:

- ✓ 2 crucial elements to trading success
- ✓ 6 major types of outside risk you can manage
- ✓ 3 disastrous mistakes most investors make (easy to avoid; hard to recover from)

OPTIONETICS® EMPOWERING INVESTORS

Readers' Choice Best Options Trading System Stocks & Commodities

Not sure where to invest in today's market?
Don't miss this FREE event!

YOURS FREE just for attending
2 New Special Reports
from the market experts at Optionetics

This powerful workshop is for three days only — and it's FREE!

MONDAY	TUESDAY	WEDNESDAY
August 25, 2008	August 26, 2008	August 27, 2008
1 p.m. or 7 p.m.	1 p.m. or 7 p.m.	9 a.m. or 1 p.m.
Sheraton Vancouver Guildford Hotel	**Sheraton Vancouver Guildford Hotel**	**Vancouver Fairmont**
15269 104th Avenue	15269 104th Avenue	900 West Georgia Street
Surrey	Surrey	Vancouver
No obligation. Reservations not required.	No obligation. Reservations not required.	No obligation. Reservations not required.

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